

More individuals and focused learners this year

Another Open Day success

THE friendliness and helpfulness of staff and students, as well as the availability of information were the two most positive aspects of Open Day this year.

A survey by Marketing and Corporate Relations among learners also indicated that learners mainly came to gather information, specifically, on the study programme of choice and related career fields (32.5%) and were informed about Open Day by teachers, family, friends or NMMU Marketing staff (66.3%).

The most popular career fields were indicated as Law, Information Technology and Accounting and faculties attracting the most students were Health Science, Business and Economic Sciences and Engineering, the Built Environment and IT.

Our main competitors are the University of Cape Town by far followed by Rhodes and Wits.

Study fields not offered by NMMU in which learners were most interested are Forensic Science, Chemical Engineering and Medicine.

The top feeder school for the sixth consecutive year was Alexander Road High School, which enrolled 96 students at NMMU this year. In second and third place were Framesby and Grey School.

At the Open Day function which school representatives, exhibitors and participating staff attended, the top feeder and partner schools received awards.

Top partner schools enrolled more than 30% of their matric class at NMMU and the winner this year was Riebeeck Girls' High School in Uitenhage which enrolled more than 58% of their learners at the university. Runners-up were Nasruddin Islamic School and Grey High.

Exhibitors and staff found that more individual visitors were focused and knew what they wanted. See George Campus Open Day on page 12.



WINNER ... The Open Day award for the most visually appealing stall went to Zoology and was received by (from left) **Matthys Potgieter**, **Prof Graham Kerley** and PhD student Linda Harris. The runner-up was the School of Engineering. The most interactive stall winner was Pharmacy with Social Work as runner-up. Other stalls receiving praise included Geosciences, Mathematics and Applied Mathematics, Grysbok Environmental Educational Trail, Physics, Nursing Science, Environmental Health, Radiography, Information Technology and Education.



Facebook comments

Computing Sciences had a Facebook page running during Open Day where learners could post comments on the page at their stall. These included:

- ▶ Jst lke guys wish thr cnt be a open day lke in everyday. Thnx 4 da gr8 tme yall hala. - **Gayni Plaatjies**
- ▶ HAVING AN AWESOME TIME AT OPEN DAY=) - **Kevina Cathrine Kakembo.**

- ▶ WHAT A nja PLACE is THis WOnDER iF theY arE goINg to XCept me in 2years time. - **Larnelle Crouse.**
- ▶ Hi ...so far you guys ROCK! thanks 4 he entertainment lotsa love annie,donni ,nella & angi. - **Anchun van Zyl**
- ▶ Woow what an awsome dae i had in nmmu.... now i know what i want to study one day...."IT".... - **Mihlali May**

▶ **Next edition: MXit communication ▶ Organic garden**

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New microscope

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RESEARCH

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New centre

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GREEN

Projects galore

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IT SEEMS that Green Fridays have taken off with the South Campus Main Building 12th floor even establishing a recycling station, green T-shirts for Student Housing staff and a debate on SOAPBOX including the "no meat" issue.

See our discussion on page 10 for ideas, suggestions and awareness about going green this winter.

With exams steadily under way things are quieting down yet we have great news about new buildings, new microscopes arriving and staff and students continuing to excel.

Our choir is travelling to Argentina as invited finalists at a symposium and also received an invitation to China for 2012.

Green Fridays

New inventions such as solar vehicles, schools projects with prospective students and a centre for community schools in our Education faculty also pop up in this edition.

We often wonder about our prospective students, where they come from, how they decide on NMMU and what is being done to attract them.

In our profile we focus on our marketers who drive long distances, often spend hours with stu-



dents and parents and go the extra mile to assist those who are interested in NMMU.

In case you haven't heard our residences are getting an interior facelift with students working on art works displaying different cultures. Dining rooms have already been spruced up with colour and new furniture.

And finally there's a lot of sport to enjoy. Please send us your stories and photographs. Kind regards, Elma de Koker

TOP DRAWER ... The new Human Movement Sciences project near the postgraduate village and sports facilities on South Campus will be a state-of-the-art building sporting an indoor 80m research sprint track.



Work imminent on South, North campuses Over R200m in building projects

BUILDING projects valued in excess of R244m will be undertaken on various NMMU campuses this year and next as part of the university's Vision 2020 process.

"We are excited at the opportunity to develop projects with the potential to cement the aspirations of Vision 2020 within the physical infrastructure fabric on our campuses.

"Together with the opportunity to improve the landscape, goes the responsibility to provide sustainable infrastructure that will enable the living and learning educational experience at NMMU for future generations," says Executive Director: Operations **Gisela Kaiser**.

The following projects will start within the next few months:

- ▶ R17m refurbishment of the second and third floors of the Health Sciences building on South Campus (see page 9).
- ▶ New engineering block, valued at R47m, on North Campus.
- ▶ New R34m Human Movement Sciences (HMS) building (above) near the postgraduate village on North Campus (see page 9).
- ▶ 278-bed residence, valued at R94m, alongside the Sanlam Student Village.
- ▶ 75-bed cluster residence for George Campus.
- ▶ R1.2m revamp of the present engineering laboratory facilities.
- ▶ R8.4m revamp of the old HMS block and facilities

in the Faculty of Education.

Also in the pipeline, but waiting final approval, are the new R104m Business School and a residence with 75 beds for Missionvale Campus.

"Providing student accommodation is a priority within Institutional Support as it contributes to a vibrant campus and greatly enhances the student life experience," says Gisela.

She adds that demand far outstrips supply on all our campuses.

"But we will make the most of the opportunity to engage with the market in pursuit of a variety of accommodation models to serve the needs of our students."

Funding for the various projects comes from both the Department of Higher Education and Training (R131m over the next three years) and NMMU.

The Engineering block which will consist of new laboratories, tutorial rooms and a 200-seater lecture hall will adjoin the present E-block and jut out towards the astroturf. The clubhouse will have to be demolished but the astroturf, used by NMMU's many hockey teams, will remain for now.

Work on the new residence which adheres to NMMU's living and learning concept will begin at the end of the year or early in 2012.

Meanwhile, work continues on the proposed one-stop administrative hub for students on South Campus. The R11m consolidation plan also includes the upgrading of offices in the Heinz Betz hall.

Briefs

Accounting among highest

NMMU BCom Honours (Accounting) graduates obtained a 90% pass; higher than the national average of 80% for first-time attempts in the South African Institute of Chartered Accountants (SAICA) qualifying examinations written in January this year.

This number includes nine of the 10 Thuthuka bursary programme students.

Choir accolades

The NMMU Choir was selected as one of 25 choirs from 119 applications to perform at the 9th World Symposium on Choral Music in Puerto Madryn, Argentina, at the beginning of August.

The symposium, held every three years, celebrates different choral song traditions all over the world.

Apart from a medley of African traditional music the choir will perform technical challenging music composed by well-known SA composers. Moreover, the choir received another exceptional invitation from the International Federation for Choral Music to represent Africa in Beijing, China in July 2012.

Mines President

NMMU Trust Chairperson and Chairperson of BHP Billiton South Africa Dr Xolani Mkhwanazi was elected as the new President of the Chamber of Mines.

Diary

18 June

NMMU Choir Concert
South Campus Auditorium

29 June

Academic Awards Dinner

R45-million electron instrument will put us on par with world's best

New centre welcomes microscope

ON A SUNNY Wednesday afternoon a few students and colleagues welcomed the country's first high resolution transmission electron microscope (HRTEM). The newcomer will take some three weeks to assemble and be set up by a specialised team.

An elated Physics' **Prof Jan Neethling** whose dream has come true said: "We will be able to see atoms for the first time ever in South Africa".

Jan has persevered for the past 15 years for South Africa to acquire an HRTEM, which will allow South Africa to compete with the world's best in the fields of nanoscience and nanotechnology, in which materials are analysed at an atomic level.

Built by Japanese manufacturer JEOL, this is the first atomic resolution electron microscope of its kind which has been sold commercially outside of Japan.

The room-within-a-room where the microscope will be housed, was finished a week before the microscope's arrival. It has a one metre-thick floor, special lightning conductors and various other features to ensure that



*FINALLY ... After 15 years, Physics' **Prof Jan Neethling** (left) can relax because his dream-come-true atomic resolution electron microscope has arrived. With him welcoming the newcomer, the first of its kind to Africa, were (from left) student Dr Jaco Olivier, PhD student Arno Janse van Vuuren and colleague **Prof Mike Lee**.*

noise, vibrations and magnetic fields cannot disturb the instrument and that a constant temperature is maintained.

The R30.5-million building housing the microscope is the most sophisti-

cated of its kind in Africa.

The installation team includes local service engineers and assistants from the UK. Apart from the microscope, power supplies, cooling pipes, computers and x-ray detectors all have to

work together.

First research projects include doctoral students working on fuel catalysts, diamond drill bits, nuclear energy research in collaboration with Russia, Germany and the UK.

Reason to be proud



*PROUD LECTURERS ... Building and Quantity Surveying Department Head **Prof Fanie Buys** (left) and senior lecturer **Dr Franco Geminiani** (right) have reason to be proud. The WBHO construction team contract manager in charge of completing the R30 million High Resolution Electron Microscope (HRTEM) building project in 10 months, was their department's alumnus **Shaun Elkington** (centre). Another graduate, **Aurecon Engineers' Andre Hefer**, was the project manager overseeing the design and construction of the new building on behalf of the professional team. Here **Prof Buys** and **Dr Geminiani** are seen visiting the building.*



*ROLEPLAYERS ... At the signing of the R11 million contract between NMMU and Eskom were (from left) Eskom: Senior Consultant – Stress analysis **Mark Newby**, Eskom Chief Welding Engineer **Phillip Doubell**, Engineering, the Built Environment and IT Executive Dean **Prof Henk de Jager** and eNtsa director **Prof Danie Hattingh**.*

R11 million contract for engineering

OUR award-winning WeldCore™ technology will soon be used as patented dynamic sampling and repair process for thick wall steam pipes within Eskom.

The details of the R11 million roll-out and implementation contract over three years were finalised recently.

One of the largest research

contracts awarded to NMMU, it supports late-stage research and development to finalise and commercialise WeldCore™.

WeldCore™ was awarded the National Innovation Competition's first prize in August 2010. The process also reduces the risk of unexpected catastrophic failure and reduction of plant

downtime which contributes to substantial cost savings.

Mantacor, the WeldCore spin-off company will secure that large scale projects will be delivered timeously. The eNtsa team recently also won this year's National Science and Technology Forum (NSTF) Award for "Research leading to an innovation by a team".

Marketers travel long distances to reach students from afar

Going the extra mile

IT'S NOT strange to hear our marketing team talking about Upington and the Northern Cape in the same sentence as the Oprah Winfrey Academy in Johannesburg.

Our marketers also travel deep into the Cape Flats targeting well-structured township schools in Khayaliatsha, Phillippi, Nyanga, Gugulethu, Langga and Bonteheuwel, up into the icy Free State and Gauteng, all to establish a solid understanding and awareness of NMMU's programmes.

Thousands of kilometers are travelled by road and by plane to destinies as far as Matatiele and Bizana in the Eastern Cape, Vredendal, Springbok, Upington, Kimberley, Douglas and Pampierstad in the Northern Cape. Towns in the Karoo and down the Garden Route to Cape Town are covered.

Marketer **Andrew Kock** also attended the first annual career exhibition at the Oprah Winfrey Academy to which only specific universities were invited. NMMU was very popular among the learners, with a few of girls originally from Gelvandale, Schauderville, Booyenspark, Alice, Umtata, Queenstown and East-London. Since then seven learners have applied at NMMU.

Another first was the exclusive invitation to attend the careers day of The Gordon Institute of Business (GIBS) on their Johannesburg campus. Top performing Grade 11 and 12 learners and teachers from well-known schools attended, with NMMU rubbing shoulders with institutions such as Wits, Stellenbosch University, UJ, Tukkies and Rhodes.

Taking into account that between 2 000 and 6 000 learners usually attend career expos in the big centres, marketers return excited but quite exhausted. Damage to own vehicles, lost personal belongings, serious flu attacks – nothing stops the small team to reach out on large scale.

The marketing team is extremely grateful for the dedication of academic staff and students, who regularly participate in recruitment activities and also initiated their own faculty events to attract good students to NMMU. Their participation contributed largely to the success of the Working World Extravaganza earlier this year in PE and our own Open Days attracting learners and teachers from more than 150 schools in the Eastern and Western Cape. (See story on page 1).

The other members of the marketing team include, **Ntombekhaya Gwaqa** and **Louise Solomons** and George Campus' **Pieter Botha**. These colleagues were on the road for weeks on end during the months of January to May.

"It is absolutely a pleasure to work with such a dedicated, mature but still young at heart,

How do we attract quality students to NMMU? By creating awareness and being there when they are looking for information.

Although the majority of our students come from the metropole and the Eastern Cape, our marketers go above and beyond to reach others throughout the country



*INTERACTION ... Marketer **Ntombekhaya Gwaqa** explains NMMU programmes to a learner attending the Ford Engine Plant Career Day. Ntombekhaya was recently praised by a Western Cape Department Official when she attended one of the Cape Town township expos: "It is the first time that I understand how the admission point system works. Thanks to NMMU for bringing light to the township learners as no other university have yet visited our schools in Nyanga and Phillippi," he said.*

team," says senior manager: marketing, **Christelle Feyt**, "each team member does not only demonstrate a high level of commitment and responsibility, but also shows insight in the strategic direction NMMU wants to move towards regarding student recruitment."

Meanwhile mature and postgraduate students have a customised new central source of information and point of reference on the NMMU website added by Marketing and Corporate Relations. Senior marketing practitioner, **Jo-Ann Daniels** also handles a significant number of calls, e-mails and visits related to postgraduate and further study opportunities on a daily basis, including parents, teachers, the public and private sector and the broader community. Many people are looking for a career change and need to be connected to the right people in NMMU – be it a faculty officer, a programme coordinator, an academic expert or one of our support services. Jo-Ann also visits workplaces and attend career expos offered by industry.

To improve service delivery to internal and external stakeholders in line with the 2020 Vision a Customer Interaction Centre (CIC) will be established which will be operational during the last quarter of 2011. The centre will provide a customer-oriented service to our customer base, especially the prospective student market and related stakeholders, by appropriate, timely and courteous responses to electronic enquiries.

"As with any business, service delivery is what differentiates a great business from its major competitors. At a university the same principles apply. The centre's will have benchmark processes, systems and skilled people to support service delivery. However, the success of the centre, is not only the responsibility of its staff but that of each person who interacts with a customer or student, internally or externally", says newly appointed manager **Deon Barnardo**. The centre forms part of Marketing and Corporate Relations.

Top award Fulbright scholar NMMU Alumnus reaching for the stars in USA

FIRST NMMU Pharmacy Fulbright scholar Milli Reddy added to her list of top achievements with the recent announcement that she's the recipient of the Michael H. Granof Outstanding Graduate Student Award for the University of Texas at Austin, USA.

The award recognises exceptional distinction including scholastic achievement, creative contributions beyond degree or departmental requirements, commitment to diversity, and exceptional service to the university.

For her MPharm degree, which she received *cum laude* from the former UPE in 2004, Milli developed a record card on the management of diabetes which helps doctors to maintain continuity in the treatment of patients.

In 2006 she was awarded a Fulbright scholarship to do a doctorate in pharmacy at the University of Texas.

She describes receiving the award as "possibly the finest moment in my career. I finally realised what my meaning in life is. I plan to return to South Africa - and continue my non-profit work".

Milli already have plans for a Stroke Rehab Library at a hospital in Durban and have begun talks with a group of American pharmacists working in Kenya.

She is also going to use her \$10 000 award to provide library services to the rural citizens in South Africa.

She plans to return to South Africa to continue her work and plans to open a non-profit company called "MINC" (Mentoring Individuals and Nations Compassionately).

In his letter nominating Milli for the award, Dean Lynn Crismon wrote: "Milli is one of

those rare individuals who fits every description of excellence. She came to UT Austin as a Fulbright Scholar, and she has excelled in every aspect of her graduate education. Her research is creative, and importantly, it addresses a major societal need - the health outcomes and cost of care for the people of South Africa who are infected with HIV and drug resistant tuberculosis. She is collaborating with the World Health Organization in her research towards the development of a global model for the analysis of such data."



SCOOP ... NMMU students won all the prizes at the recent opening of Ceramics Southern Africa's regional exhibition at ArtEC in Bird Street. Ceramics Masters' student Mary Ann Kella (left) won the premier award for excellence on a professional level. The student award went to BTEch student Mellaney Ruiters, who was also awarded the national Tim Morris bursary by the national Ceramics southern Africa body for a BTEch student studying ceramics in SA.



ANOTHER TOP STUDENT ... Our Fashion Design students have been earning accolades from everywhere over the past year. Another feather in our cap is BTEch student Bianca Boshoff who has been invited as finalist to attend the Premier International Fashion Student Competition as well as a fashion symposium in San Francisco, USA later this year.

International fashion competition invite

BTECH fashion design student Bianca Boshoff (22) was selected to participate in the 10th Arts of Fashion Competition - the Premier International Fashion Student Competition in San Francisco, USA, later this year.

It's also the first time that an African university has registered for this competition.

The Arts of Fashion Foundation received more than 330 applicants from 96 fashion schools and universities and from 32 different countries this year.

"It is such a great honour being selected on an international platform. I feel that it is a huge opportunity, not only for me but also for the university and I would love to see my creations come to life on the runway in San Francisco."

BTEch fashion design students are required to enter an international design/fashion competition as part of their fourth-year design studies.

This year our lecturers searched for a new competition – the "arts-of-fashion".

Bianca applied online for the competition earlier in May. A few weeks later she received a letter not only congratulating her as a finalist and inviting her to the event, but also to an educational fashion symposium held at the same time in October/November this year.

"The results of this competition once again prove that NMMU students are rated as world-class designers, said fashion design lecturer **Gina Esterhuizen**.

Gina says the opportunity for Bianca to visit San Francisco and meet the other international contestants was inestimable.

Unfortunately without financial support Bianca – who hails from Great Brak River – will sadly not be able to be part of this once-in-a-lifetime opportunity.

In conversation with Allan Boesak

THE way in which people are governed, how we set standards and the values by which we are measured were among the issues well-known cleric, politician and anti-apartheid activist Dr Allan Boesak discussed with students.

Hosted by Arts and Culture, CANRAD and the South End Museum in the Goldfields Auditorium on 12 May, students, staff, the media and members of the public witnessed former SA Dutch Reformed Missionary Cleric Dr Boesak discussing cultural and political issues of concern. Dr Boesak focused on his book: *Running with*



DISCUSSION ... Cleric, politician and anti-apartheid activist Dr Allan Boesak recently visited NMMU to share his ideas with students, staff and the public.

Horses, reflections of an accidental politician.

On the panel were students from a variety of study fields including Law, Financial Management, Accounting, Industrial Psychology and Political Science.

Dr Boesak concluded: "The key to whether we can deal with problems in South Africa is in the young generation."

Discussions included the ways culture has affected students' ways of life, how individuality needs to be embraced and the way politicians abuse church pulpits during election times.

"Should a party who had fought for transformation affect the party which you vote for today if they do not now deliver," was another interesting question.



CELEBRATIONS ... Library staff joined in the Africa Day celebrations on 25 May with Zola Bob (left) and Bonga Makrwele in traditional dress.

Viva Africa Day

TOGETHERNESS was the one overriding goal of this year's Africa Day on 25 May.

While the aroma of samp, beans and mielies filled the air, a marimba band kept the beat of Africa alive at the Kraal on South Campus.

Festivities began with Golden Key diversity greetings in various African languages followed by activities such as Xhosa face painting and an Africa Day Poster Campaign by AIESEC.

"We need to begin to unify at a micro level, before we can unify at macro level," was the focus of the South African Sociological Association President Professor Jimi Adesina, who participated in a student conversation and ended the day with his public lecture on "Silences and Misrepresentation in Current Narratives in Africa."

Western Cape University Sociology Professor Adesini explained that the youth of today are being bombarded with such immense negativity, that there's just no room for positivity, which breaks down communication.

He emphasised the importance of initiatives such as Africa Day, and commended NMMU for hosting an event that highlighted the importance of bringing forward the similarities that every country on the African continent shared.

Africa Day was a joint initiative by CANRAD, the Office for International Education, Arts and Culture, Golden Key, the International Student Association and AIESEC.



DIFFERENCE ... This is one of two classrooms at KK Ncwana Primary School in New Brighton which 16 second-year Interior Design students revamped during their week-long holiday at the end of April. Our Interior Design students annually use their design projects to contribute to the underprivileged. In this year's project, organised by Interior Design's Charista Killian, the students also made over the library and a part of the playground, find sponsors for the work, research the age group (9 to 10-year olds) and create educational toys and posters and playground improvement, all within the sponsored budget. Sponsors included Schaefler, Roteract Club PE, PG Bison, Harbron Quarries, Essie Wolfaardt, Builders Warehouse, Bala Naidoo, John Dowlman cabinets, Timber City, Kenny van der Merwe, Designer Blinds, National Edging, Sunridge Superspar, Game Greenacres and parents of students for money, time and labour.

Students enhance Melodi Residence

MELODI residents have been encouraged to provide themes for beautifying the entire residence with photographic art. The design project driven by Arts and Culture is a spin-off from the highly successful refurbished new cafeteria at the residence on South Campus (see page 11).

Third-year photography student Tando Guzana is capturing the residents' themes in a photographic story which will serve as memory for current and fu-

ture students.

This art will be displayed in a designated hall of fame and memory.

Some art will also be resourced from the Arts Faculty's SHARP publication which will be displayed in certain parts of the residence.

A "Go Green wall" is another project inspiring a "greener" life in line with the NMMU value respect for the environment.

Solar car on the cards

WE have been researching solar energy, there are solar heating panels at the Postgraduate Village and on George Campus and even solar energy-driven bicycles on campus. Now we are also looking at a solar-powered vehicle.

The Engineering School's Advanced Mechatronic Technology Centre (AMTC) and Volkswagen Group/DAAD International Chair will drive this research into renewable energy.

The project will not only entail the design and development of the vehicle but will expose our students across a range of study fields to conduct research into an exploding renewable energy market and build on the base of accumulated learning.

We also want to compete in the biennial South African Solar Challenge event in 2012 which sees participants worldwide competing in a two-week race, driving solar-powered vehicles across South Africa.

Students will be exposed to the many facets of renewable energy and its applications, as well as a green platform for future research.

The solar vehicle project is multi-disciplinary, including also students from business and arts.

Volkswagen SA has made a significant financial contribution and will assist in sourcing components.

"The challenge is to adapt an existing approach to learning or doing business in a way that it supports innovation and research and development, specifically in the area of renewable energy. This project in particular, aims to develop competencies in engineers and other students to ensure that they are equipped with broader skills than that of just their specific disciplines," Automotive Industry Development Centre's Estelle Gathercole said.



SOLAR VEHICLE ... Excited team members Engineering School Director **Sarel Schoombie**, VWSA Production Head Tom du Plessis and Automotive Industry Development Centre (AIDC), Eastern Cape General Manager Estelle Gathercole at the virtual model of the solar powered vehicle to be developed at NMMU.

Empowering rural areas

School of ICT academics Professors Darelle van Greunen and Rossouw von Solms, and Dr Johan van Niekerk and Mariska de Lange, were among the presenters at the IST-Africa 2011 Conference & Exhibition in Gaborone, Botswana.

The conference focused on the Role of ICT for Africa's development and specifically on applied ICT research in the areas of eHealth, technology enhanced learning and ICT skills, digital libraries, technology transfer, open source software, ICT for e-Inclusion and e-Accessibility, e-Infrastructures, and ICT for networked enterprise and e-Government and e-Democracy.

International programme committee member Prof Van Greunen co-authored and presented three papers covering, among others, mobi-incubation user experience for rural entrepreneurs and formalising living labs in emerging economies.

Prof Von Solms, Dr Van Niekerk and Ms De Lange discussed an SA cyber security portal and curriculum for SA schools.

The conference provided an opportunity for policy makers, managers, practitioners, and researchers from government, industry, business and research organisations to meet .



FIRST BOXCAR RACE ... DF Malherbe High School's team beat the two NMMU Racing teams to the first prize in the first annual NMMU Boxcar Race on 28 May. Teams of up to six members competed in a relay race with self-built go-karts on a 600m track on North Campus. The event was also a fundraiser and showcase for the NMMU Formula Student racing car on its way to Germany. Red Bull sponsored the event where the Vintage Car and Alfa Romeo Car Clubs were displaying their vehicles.

Spreading our wings

DISTANCE does not seem to be a problem for our Education Faculty colleagues. Not only did the Faculty succeed in capturing 30 students from Sasolburg in the Free State, but also received the buy-in from sponsor Sasol.

Lecturer **Flip Potgieter** travelled regularly for three years during school holidays to Sasolburg for block sessions with maths teachers for the BEd FET Mathematics (Upgrading).

Programme Head **Dr Lyn Webb** and Flip recently also travelled to the official function at Sasol attended by these first graduates and the Department of Education.

These teachers who graduated recently here in PE, are the first group sponsored by Sasol's Teacher Development Initiative.

Sasol is happy that they are now equipped to offer a high standard of teaching as well as acting as a learning resource for other teachers.

The teachers attended three Saturday classes a month tutored by Sibusiso Luvuno who was trained by NMMU.

Two of the modules, Computer Competency and Teaching and Learning Strategies, saw the entire class achieve an average of 100% for both modules.



SUPPORTERS ... The first 30 maths teachers from Sasolburg who graduated with our BEd FET Mathematics (Upgrading) degree, sponsored by Sasol were recently congratulated at the plant. Roleplayers included (back, from left) BEd tutor **Patience Mthembu**, Education's **Flip Potgieter**, Sasol Mining Manager **Lars Steyn**, Sasol Mining Manager and Education & Learning Manager **Sibusiso Luvuno**, and (front) Programme Head Education's **Dr Lyn Webb**, Department of Education district official **Dr Tshabalala**, Sasol Community and Government Relations Affairs Manager **Zimbini Zwane** and Group Manager, CSI Sasolburg **Dr Ivor Zwane**.



Boost for education

THE Education Faculty will soon be home to a Centre for the Community School - a first of its kind in the country – and located within the faculty.

Education Dean **Prof Denise Zinn** (above) says the work of the centre will be cross-disciplinary and inclusive drawing on the expertise and experience from other departments such as psychology, health, and development studies to support research projects and engagement activities in communities.

Prof Zinn believes the faculty is responding to the challenges of education which lie at the crossroads of disciplines.

The centre will elevate the concept of the community school as a credible, replicable and sustainable model for educational improvement in South Africa.

Community schools achieve their objectives by building active partnerships with parents, community members, and other education stakeholders.

The centre will therefore develop a knowledge base, serve as resource centre, improve teaching and learning and address social challenges.

It will also connect with schools across the province to identify best practices and develop a research agenda.



STAKEHOLDERS ... Making the Commerce Incubator School (COINS) for Grade 12s a reality are (from left) Coordinator **Prof Werner Olivier**, Deloitte's **Carin Langner**, Cingani High School Maths teacher **Sizwe Zosi**, Deloitte's **Zain Ajam**, McCarthy Maths teacher **Rose de Doncker**, Deloitte's **Sipho Khumalo** and **Lara Carstens**, Accounting School Director **Prof Frans Prinsloo** and Thuthuka's **Zukiswa Ngqoyiya**.

Maths classes for future accountants

TO enable Grade 12s to improve their mathematics marks and to gain entry into commerce programmes and specifically accounting, the Commerce Incubator School (COINS) was recently launched.

Altogether 43 learners from high schools in the metro, including Riebeeck College, Victoria

Park and St Thomas attended the launch and their first mathematics class at the Missionvale Campus.

The school was established in February this year when SAICA (SA Institute for Chartered Accountants) formed an alliance with the Deloitte Project Siyakhula programme, their Thuthuka programme and our School of

Accounting.

A 14-week programme is presented on Saturdays, where learners are provided with extra math classes, exercises and exam questions for the year-end exam.

Teaching is based on 28 DVDs covering the syllabus with Casio covering the syllabus with Casio DVDs on the calculator and old national NCS Math exam DVDs.

Students marking?

STUDENTS usually write exam papers, but for once our first and second-year Thuthuka Accounting students actually marked papers. The students volunteered to mark scripts for the SAICA (South African Institute of Chartered Accountants) Accounting Olympiad for Grade 12 learners. They marked a total of 500 scripts each consisting of 100 multiple choice questions, from 50 schools in the Eastern Cape.

The students, who are sponsored by SAICA's Thuthuka Bursary Programme, felt they wanted to give back to the profession in some small way.

Accounting's **Marina Chalmers** and **Lorelle de Villiers** assisted the project and the captured marks were sent back to SAICA.

It's the first time we engaged with SAICA in such a way", said Thuthuka programme coordinator **Elize Naud**. "We hope to make this an annual event."



PROUD TEAM ... Colleagues Statistical Consultation's **Danie Venter**, centre director Statistics and Mathematical Statistics' **Prof Igor Litvine**, Statistics' **Abel Motsomi** and Computing Sciences **MC du Plessis** are part of the multi-disciplinary team of Centre of Expertise in Forecasting who celebrated its launch on 3 June.

Forecasting energy challenges

We have just launched the country's first Centre of Expertise in Forecasting (COEF), which is likely to play a key role in identifying long-term solutions to address the country's increased energy demand.

In addition to energy forecasting, the centre also specialises in predicting future trends in financial markets and economics, and weather and climate.

COEF – which has already completed a number of projects for Eskom – is working hand in hand with a host of South African companies, including ABSA, FNB, the Johannesburg Stock Exchange and the Department of Energy.

It also has links with most local universities as well as the Centre for Scientific and Industrial Research (CSIR). Its international links include universities and companies in the United States, Canada, Germany, Belgium, Russia and the Ukraine.

COEF director **Prof Igor Litvine**, of Statistics and Mathematical Statistics said: "We are aiming to make tomorrow better. To do this, we need the tools

to see tomorrow today."

He said a multi-disciplinary approach was critical to forecasting success. As such, COEF consists of staff and postgraduate students from the Physics' Centre for Energy Research, Business and Economic Sciences, the Statistical Consultation Unit, Computing Sciences and Mathematics and Applied Mathematics.

The 25-member group undertakes both contracted and grant-funded research, relevant to the needs of commerce, industry and government.

Guest speaker at the launch was Dr Steve Lennon, Eskom's Divisional Executive for Corporate Services, who highlighted the energy giant's need for accurate long-term forecasting.

He said the country was going to more than double its generation capacity over the next 20 years, and long-term demand forecasting was critical when planning enormous new plants.

He said even forecasting about climate change would affect the company, as it was one of the country's biggest users of water. - **NW**

R34m HMS building, Pharmacy revamp

Top new projects

SOME R50m will be invested in the Faculty of Health Sciences within the next two years.

Apart from the R18m refurbishment of the second and third floors of building 12 on South Campus, the faculty will also benefit from a new R34m Human Movement Sciences (HMS) building.

The new HMS building will be built close to the Postgraduate Village on South Campus towards the sports fields. The double-storey building will include all the present HMS facilities – the two gyms, changing rooms, library and multi-purpose lecturing facilities - plus a number of state-of-the-art extras, like an 80m sprint track for research.

This follows extensive research by Head of Department **Prof Rosa du Randt**, who is also seeking funding for other initiatives that will further enhance the new building, and growing status of sport science at NMMU.

"This is a dream come true! This much-needed new facility will vastly benefit the health and wellness the general public and the sporting community," says Prof Du Randt.

The new HMS building will allow the ever-growing Faculty of Education to expand into the present adjacent HMS facilities on South Campus once the HMS and Sport Management Students move into the new building in 2013. Coincidentally, the present HMS facilities were originally education facilities.

The new facility will have an ultra-modern rehabilitation biokinetics research and training laboratory as well as excellent sport science facilities.

Elsewhere, the Pharmacy Department's refurbishment of their laboratories will start in August.

The upgrade will include:

- ▶ An upgraded clinical laboratory with 15 simulated counseling areas and a training dispensary
- ▶ An enlarged dispensary and aseptic manufacturing laboratories to teach medicine formulation and manufacturing
- ▶ A medicine information resource centre
- ▶ A specially-designed pharmacology laboratory with audio visual and computerized systems for interactive teaching of pharmacology
- ▶ Improved drug-testing laboratories



WINNERS ... Port Elizabeth's Westering High and Graaff-Reinet's Union High School were the winners of the platinum and gold categories in the recent Minquiz competition presented by Computing Sciences. Runners-up in the platinum category were Selborne College and Collegiate and in Gold, Khwezi-Lomso and Stutterheim. Altogether 36 schools participated in the South Campus Auditorium on 13 May. Organised by SA research organisation Mintek, Minquiz aims to encourage excellence in Mathematics and Physical Science and interest in careers in Science, Engineering and Technology. Provincial Organiser Computing Sciences' **Marinthea Snyman** (from left), Gold winner Khwezi-Lomso's Toyo Sinethemba, second prize gold Union High's Stuart Welman, third prize gold Union High's Wakyela Ndaba, 3rd Prize Platinum, Hangklip's Ivan Jacobs, 1st Prize Platinum, Framesby's Nadia Moore, 2nd Prize Platinum, Westering's Fabian Muntean, Mintek representative Xolisa Camagu Goso and Quizmaster Computing Sciences' **Dr Lester Cowley** are proud of their achievements.

Green awareness growing on campus with many suggestions

Celebrating Green Fridays

OUR Communiqué calling for suggestions to celebrate Green Fridays have resulted in many ideas on SOAPBOX as well as a few arguments around meat or no meat? And that's what a university is about ... debate, discussion and discourse.

Keep in mind that these are mere suggestions and you are under no obligation not to eat meat etc

In line with our value of **Respect for the Natural Environment** celebrating **Green Fridays** is indeed a good idea to keep reminding ourselves of this important value.

It will also provide us with an opportunity to reduce our carbon footprint as we strive to sustain our natural resources for future generations.

Suggestions included: Wearing green, Share a lift to and from work, Keep your office lights off for the day, Walk between North and South campuses and Go paperless.

Other ideas were to go smoke-free, clean-up litter, and ask Horticultural Services to help clearing alien vegetation on campus.

The SOAPBOX site has had some valuable comments from staff and students about going green.

These include:

REDUCE REUSE RECYCLE

- Recycling bins for paper, plastic, metal, glass, and organic material for composting.
- Re-use paper, ringbinders and files.
- Switch off office lights.
- Remove every second light tube or bulb.
- Use windpower
- Pick up litter
- Banning bottled water from campus
- Watering grass on campus late afternoons or evenings
- Collect rainwater from roofs for our gardens
- Water regulators on taps
- Make tree planting and other green awareness actions part of first-year orientation and also student and staff activities.
- Use the annual plant sale for staff to sell and also exchange plants
- Green initiative competition between departments,

Read more and post your comments on SOAPBOX on the staff portal.



OWN STATION ... Our Innovation Support and Technology Transfer Department set up a recycling station on the Main Building 12th floor to live up to the value of **Respect for the Natural Environment**. They have requested staff nearby to support their initiative and use the three bins where plastic, glass and tins can be placed in to be recycled. Assisting are (from left) Legal Services' **Maria Hansford**, **Zimisele Njara** and **Charmaine Seaman**, Innovation Support and Technology Transfer's **Elsa van Wyk** and Legal Services' **Lee-Anne Groener**.

NO to meat ... a green initiative?

A number of colleagues have asked why saying no to meat is seen as a green initiative.

Sources say:

- It takes 21 000 liters of water to produce a kilogram of meat, but only 485 liters of water to produce a kilogram of wheat;
- Animals raised for food produce 130 times more excrement than

the entire human population put together;

- 80% of agricultural land in the USA is used to raise animals for food;
- Of all the raw material and fossil fuels used in the USA more than one third is used to raise animals for food.

Global warming has been called humankind's "greatest challenge"

and the world's most grave environmental threat.

Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming.

Raising animals for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous oxide emissions.



GREEN SPIRIT ... Tourism's **Gary Fischer** brightened up the Second Avenue Campus on the first Green Friday this month.



IN GREEN ... Student Housing Living and Learning Programmes staff sport their green T-shirts on Green Fridays (back from left) **Shirani Nhlengweni**, **Larry de Klerk**, **Beverley Willemse**, **Mzwake Zomba**, **Robin Minne**, **Sammy Elie**, **Estelle Broekhuizen** and **Shuping Mpuru**, (middle) **Wendy Reeves**, **Phindile Mbengo**, **Zodwa Sekobela**, **Nomhle Zako** and **Xoliswa Xaluva** and (front) **Vuyo Nomgqokwana** and **Silvesta Tswane**.



TEAMBUILDING ... The School of ICT "ladies" (back from left) **Sally Vincent, Margie Brittain, Heloise Levack, Karen Church, Gwen Kleinhans** and **Claudette Le Roux** and (front) **Prof Rossouw von Solms** and **Bertram Haskins** had a ball at teambuilding completing the Spar Ladies Race on 7 May.



REVAMP... PE campuses residence dining halls received a welcome design makeover sponsored by funds raised from the police services accommodation in the residences during the Soccer World Cup last year. Here the Melodi-Xanadu dining hall sports a red ultramodern feel complete with zones including a chill zone, a laptop and wi-fi zones and eating zones. Student art were used in the revamp. See story on page 6. Recycled material were also used in the project.



PE FIRST ... Altogether 108 golfers from various businesses in Port Elizabeth participated in the first NMMU Trust PE corporate networking golf day in Johannesburg recently. International Education Office Director **Dr Nico Jooste** (second from left) hosted this four-ball with (from left) Michael Fu, Human Resources Executive Director **Gary Paul** and Imtiaz Patel. NMMU Council Chair Judge Ronnie Pillay and Finance Executive Director of Finance **Marius Scheepers** also attended. Investec was the official sponsor of the day.



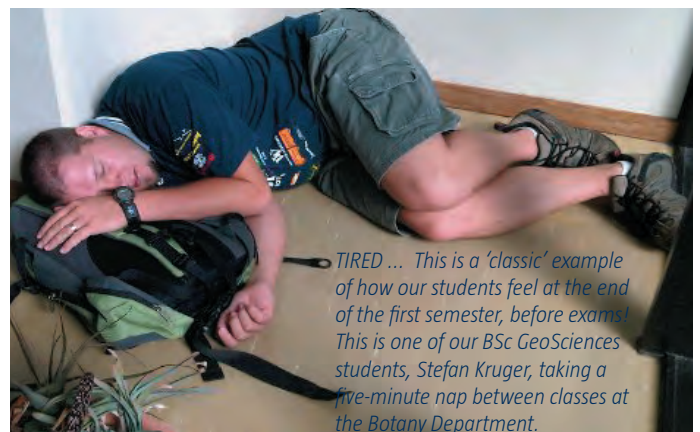
PINK FEET ... These pretty pink feet without shoes were identified as those of ladies from the School of Engineering who went a little creative with their "no shoe" motto on National No Shoes Day.



INAUGURAL ... Industrial and Organisational Psychology Department Head **Prof Rob Snelgar** (third from left) presented his inaugural lecture on 17 May. The topic of his lecture was "The rewards preferences/ motivation paradox and implications for education". Supporting him (from left) were Business and Economic Sciences Executive Dean **Prof Niekie Dorfling**, Vice-Chancellor **Prof Derrick Swartz** and colleague **Prof Dave Berry**.



BEST STUDENT ... International Education Office Director **Dr Nico Jooste** congratulated Zimbabwean student Lactricia Mumba on receiving the award for "Best performance by an international student" in the Faculty of Law at the Law Annual awards on 11 April 2011.



TIRED ... This is a 'classic' example of how our students feel at the end of the first semester, before exams! This is one of our BSc GeoSciences students, Stefan Kruger, taking a five-minute nap between classes at the Botany Department.

More individuals and smaller groups bring focus to Open Day

Visitors from far afield

MORE individuals and smaller groups visited the Open Day this year, as opposed to larger groups, with more than 400 learners attending from schools throughout the region and further afield.

About 140 parents accompanied learners from towns and cities such as Pretoria, Cape Town, Humansdorp, Kareedouw, Paarl, Grabouw, Port Elizabeth, Somerset West, Heidelberg, Mooi Rivier, Dydelsdorp, Ladismith and Willowmore.

Feedback received from exhibitors indicates that visitors were generally well prepared and sought information on specific programmes they had identified as areas of interest in advance.

The exhibition of the Agricultural Management Programme at NMMU George scooped awards in two categories – Most Visually Appealing, and Most Interactive. SANPARKS was acknowledged as the best external exhibitor.

The adjudication was done over three days, commencing on Thursday evening, 12 May, by three independent judges who are experienced in the field of marketing and communication.

Open Day 2011 was complemented by an information stall at the regional shopping centre, Garden Route Mall, and a live broadcast by community radio station, Eden FM, directly from NMMU's George Campus on Friday. This ensured that information on NMMU's programmes and services also reached a much wider audience throughout the Eden / Karoo region.



WINNING STALL ... The Agricultural Management Programme took the honours with the Most Interactive and Most Visually Appealing exhibition at this year's George Campus Open Day. **Prof Victor Mmbengwa**, student Justin Cork and Programme Coordinator **Prof Raymond Auerbach** proudly display the ceramic artworks the stall received as prize.

Carrying the load



ANOTHER PRIZE ... Executive Rider Bag Manager and Forestry lecturer **Tiaan Pool** (back left), and volunteers, Liz Venter and Hennie Griesel, and a winning team of students, the NMMU Rider Bag Services, known as *The Baggies* won the Best Rider Service category voted by 2011 Absa Cape Epic riders. The Baggies also scooped this award in 2007 and 2008. Fourteen students transported more than 900 bags every second day, the heaviest at 35kg and on average 27kg. It is estimated that by the end of the event, the Baggies had moved more than 97 000kg between stage locations. Tiaan summarised the winning spirit of the Baggies: "We love what we did - this is not merely a cycling event, but a life enriching experience".



ON RADIO ... Education's **Prof Pat Bean** was interviewed live on Eden FM's airwaves during the George Campus Open Day with Botany's **Dr Derek du Preez** looking on. This ensured that information on NMMU's programmes and services reached a much wider audience. Open Day 2011 was also complemented by an information stall at the regional shopping centre, Garden Route Mall. Feedback received from exhibitors indicated that visitors were generally well prepared and sought information on specific programmes they had identified as areas of interest in advance.

Rare chance for underprivileged children to see elephants

Unforgettable experience

AFTER hearing that some 95% of New Brighton residents had never seen an elephant, third-year Management students decided to change statistics and take a group of 40 Grade seven learners from the area to visit Addo National Elephant Park.

Management and Entrepreneurship lecturer **Paul Tai Hing** challenged his class to make a difference in the community.

A group of 12 students, six of whom came from Germany and Austria treated learners of Jarvis Gqamlana Primary School to see elephants for the first time in their lives.

Initially the students wanted to give the children a day of happiness, but decided to organise the project in such a way that future students and groups will also benefit from their example.

The group worked together with Educational Development Officer for Djembe' Heritage Initiatives Bradley Levack who was the tour guide for the day. He enriched the scholars with knowledge on all the animals and plants seen during the tour.

"The learners are so receptive when taken on outings like these," said Bradley "One can teach them what would normally be taught in two weeks in one day."

We hope that future exchange students will also make a difference in the local communities," said team leader, Oliver Bernhard, who described the experience as "eye opening".

The students also secured sponsors for the day trip, including free entrance, transport and lunch.



ELEPHANTS AND DRAWINGS ... 40 Grade 7s who were treated by 12 third-year Management students to an educational day at Addo Elephant Park at the wooden elephant holding up their drawings. They are joined by the students and Educational Development Officer for Djembe' Heritage Initiatives Bradley Levack.



*STUDENTS REACHING OUT ... Student societies recently raised R10 000 to buy 60 blankets, sheets, pillows and pillowcases which they donated to Ekuphumleni Old Age Home in Zwide. A group of students led by Student Governance and Development's **Sandile Mpepo** who went to deliver the linen said "after months of fundraising it was all worth it in the end to see the smiles and hear the words of gratitude from the elderly towards the little we contributed. But most of all, as winter is upon us all we felt that this Community Outreach Project was very significant and came at an appropriate time for the old age home". Students joining the residents were (from left) Muambatshawe Ramabulana, Dwayne Van Zyl, Bulelani Lingani and Aviwe Matyholweni and (front right) Kaylin Naidoo and Rahmat Nomvete.*

Food vouchers, clothing and toys for Aids Haven

THIRD-YEAR Sport Management students not only organised a soccer tournament for 15 school teams as part of their learning experience. They also worked hard at collecting sponsorships for the project and donations for The House of Resurrection Aids Haven in Salsonville.

The charity received R2 500 worth of food vouchers as well as donations of food, clothing and toys.

Ncedo Senior Secondary School won the under 19- division and Linkside High was the under 16 winners of the NMMU Soccer Charity Cup on 13 and 14 May on South Campus.

Sponsors included Spares Unlimited, Capacity, ESS first aid, Wimpy, McDonalds, Nu Metro, Adidas and Kingfisher as radio partner.

Six staff selected from 43 applicants for senior manager training

First Future Leaders

SIX staff members were selected to participate in NMMU's first Future Leaders Programme, aimed at creating high-performing, talented individuals for potential appointment into senior managerial positions.

Almost R900 000 is being invested in the two-year programme, a Management Development Diploma presented by our Business School. The programme includes strategic management, labour relations, human resource management and leadership skills for the 21st century.

"This programme was carefully crafted to be unique to NMMU by top management and various stakeholders," said HR Development head and programme coordinator **Leo Doria**.

The initial 43 applicants had to submit a portfolio of evidence to prove their high performance levels, undergo psychometric assessment and were interviewed by a selection panel including deputy vice-chancellors **Prof Thoko Mayekiso** and **Prof Christo van Loggerenberg**.

The six successful participants have already commenced part-time studies towards an Advanced Leadership Certificate at the NMMU Business School, the first part of their journey towards the diploma.

FLP participant **Desiree dos Santos**, Branch Librarian at the Second Avenue Campus library, said the programme is "challenging and intensive but very exciting".

"My eyes have been opened," said fellow participant **Debbie Derry**, Senior Manager: Communications, Marketing and Corporate Relations. "I have been enriched and invigorated."

Dr Janina Wozniak, senior lecturer in Journalism, Media and Philosophy said: "If these lead me to



FIRST FUTURE LEADERS ... Journalism, Media and Philosophy's **Dr Janina Wozniak** (back from left), Political and Governmental Studies' **Prof Sebenzile Masango**, and Campus Health Services **Sister Antoinette Goosen** and (front, second from left) Library's **Desiree dos Santos**, Marketing and Corporate Relations' **Debbie Derry**, and Education Off-Campus' **Dr Tulsi Morar** were selected from 43 applicants for the first Future Leaders Programme tailored for NMMU and presented by the Business School. They are joined by Human Resources' **Leo Doria** (front left) and (back right) **Laverne Fortuin**.

work towards linking up closer to our counterparts in Africa and other emerging countries, my long-term work aspirations will have found their logical conclusion."

Dr Tulsi Morar, Education Off-Campus Manager and Operations Manager, said: "I am honoured to be acknowledged by management as a future leader at NMMU."

The other participants are Deputy Director: Campus Health Services **Sister Antoinette Goosen** and Political and Governmental Studies Head **Prof Sebenzile Masango**.

It is envisaged that the programme will be opened to candidates every two years.

You can win

LUCKY readers can win two R100 Greenacres Shopping Centre vouchers and two R100 University Shop vouchers. Just read your talk@nmmu!

Congratulations to our May competition winners: **Natasha Orie** of the Law Clinic, **Dean Wasserfall** of Procurement, **Jean Struwig** of Management Accounting and **Karen Hendricks** of Financial Aid.

Answer the following questions (from articles in this edition):

1. A survey by Marketing and Corporate Relations among learners also indicated that learners were informed about Open Day by t.....s (8 letter word), family, friends or NMMU Marketing staff (66.3%).

2. On a sunny Wednesday afternoon a few students and colleagues welcomed the country's first high resolution transmission e.....n (8 letter word) microscope (HRTEM).

3. The new Human Movement Sciences project near the Postgraduate Village and sports facilities on South Campus will be a state-of-the-art building sporting an indoor 80m r.....h (8 letter word) sprint track.

Correct answers, along with your name, surname, staff number, department and telephone number, can be e-mailed to elma.dekoker@nmmu.ac.za by 25 July.

Schuinville Pharmacy in Newton Park charges no additional fees, fax fees, telephone fees or delivery fees for chronic medication to members. Tel: 041 3642109 or George Campus - Pacaltsdorp Pharmacy: Tel: 044 878 1707.

Rules ► Only NMMU employees may take part in this competition. ► Only e-mail entries qualify for this competition. ► Staff who do not have access to e-mail may ask a colleague to submit their entry – just include the correct name, department and phone number of the person entering the competition. ► Your full details must appear on the e-mail entry. ► Only one entry per person is allowed. ► The judges' decision is final.



LUNCHTIME FUN ... Close to 400 staff members enjoyed the second NMMU Staff Association netball function in the South Campus Indoor Sports Centre on 12 May where Second Avenue Campus's Blackhurst team won the final 6-3 against one of the two Student Counselling teams. Teams from Finance, Student Admissions, Academic Admin, Accounting and the School of ICT made up the rest of field. Team supporters and spectators thoroughly enjoyed themselves with Student Counselling in their red T-shirts clearly the most "spirited" of all departments. The winning team from left were **Nosisa Ntantsana**, **Alison Bricknell**, **Luan Roodt**, **Jackie King**, **William Fick**, **Lizel Bester** and **Pieter Pelle** and (front) **Jean Howell** and **Tracy Beck**.

Too little sleep is dangerous

EXPERTS describe chronic sleep deprivation as a "ticking time bomb". A lack of sleep can lead to a variety of disorders such as heart attacks, strokes, depression, high blood pressure, cholesterol, diabetes and obesity.

High school and university students are among the most sleep-deprived people with 60% of them feeling sleepy during the day and 30% falling asleep in class at least once a week.

If you sleep less than six hours per night and have disturbed sleep, the chances are 48 per cent higher for you to develop heart disease or even die because of your heart.

Your chances of having a stroke or dying are also 15 per cent higher, says a group of British researchers who analysed data collected from more than 470 000 people in eight countries.

Too little sleep means your body produces less of the rejuvenating human growth hormone

(HGH), which affects your mood and energy level. So when you wake up each morning, all you want to do is go back to bed.

And to top it all, low levels of HGH also trigger sugar cravings, as well as a desire for salty foods. All of these side effects are also signs of depression and can lead to high blood pressure and cholesterol, diabetes and obesity.

Not getting enough sleep is also linked to car accidents, industrial disasters and injuries at work.

Sometimes lack of sleep is caused by disorders such as insomnia or obstructive sleep apnea. Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes and they often occur five to 30 times or more an hour.

Typically, normal breathing then starts again,

sometimes with a loud snort or choking sound. Sleep apnea usually is ongoing and results in poor sleep quality that makes you tired during the day.

Snoring is a major indicator of obstructive sleep apnea. Consult your doctor if you have problems sleeping.

The trend of having late nights and rising early in the morning is actually a ticking time bomb for our health. There is an expectation in today's society to fit more into our lives.

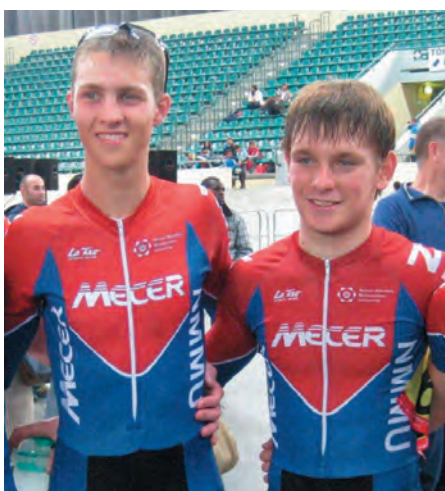
Balancing work and the rest of your life causes many people to trade precious sleeping time for the completion of all jobs that they believe are expected of them.

Getting about seven hours of sleep a night protects your health and reduces your risk for developing chronic diseases.- **Mietjie Kock, Campus Health Services**

Sport gallery

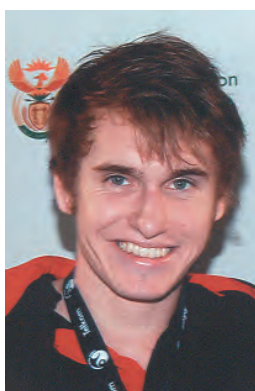


AWARDS ... The NMMU cricket club received three awards at the recent Eastern Province Cricket Awards evening namely (from left) Simon Harmer (EP Amateur Bowler of the Year), Sport Bureau's **Riaan Osman** (with the Super League A league winner's trophy) and Aldre Nel (Super A league Cricketer of the Year).



WORLD CHAMPIONSHIPS ... NMMU cyclists Marinus Prinsloo (left) and Kellan Gouveris are included in the SA Track Squad from which the SA team will be selected to participate in the World Junior Championships in Russia in September. Early in May at the SA track cycling championships Kellan won six gold medals one for each event he competed in and Marinus two gold medals and a bronze. Kellan is only 17 years old and still at Pearson High School.

FIRST-YEAR Construction Management student Thomas Hansford won a silver medal for the 400m individual medley and bronze for the 200m butterfly in the Youth National Swimming Championships. Thomas is the son of Legal Services' **Maria Hansford**.



WORLD GAMES ... Second-year students Lindsay Stowman (left) and Ntombifuthi Mncwango were selected to represent the USSA (University Sport of South Africa) Football Men's and Ladies' Teams at the 25th Summer Universiade (World University Games) in Shenzhen, China, in August. Lindsay was also selected for the USSA Football under 21 Team to participate at the SA Games in June this year.



FASTEST ... EP men's 4 x 100m relay team, all ABSA NMMU athletics club members, is the fastest in the country. This was proven at the SA Senior Athletics championships in Durban in April. The team (from left) Sergio Mullins, Che' Harmse, Brendon Minnie and Leigh Julius won the gold medal with an excellent time of 40.33s and is coached by ABSA NMMU's Magda Botha and Chris Doubell.

Achievements all around

IN THE aftermath of the Two Oceans and Ironman competitions a number of students and staff have excelled in different sport codes during the past few months.

From the Comrades, to swimming, cricket and athletics NMMU made its mark.

- Second-year Law student Kevin Paul has done NMMU proud again by smashing his own world record in the 200m breaststroke in the S10 disabled category at the South African Swimming Championships in Port Elizabeth on 16 April. Kevin improved his time from 2min 30.98 sec to 2.29.42.
- Sport Bureau's **Zanele Mdozana** has been selected to represent South Africa at the Netball World Cup in Singapore in July. She is a member of the SPAR NMMU Netball club and the only PE-based player in the SA team.
- SA senior Modern Pentathlon Champion and final-year BCom Financial Planning student Jon-Paul Raper will be competing at the French Open in Paris from June and Africa Championships in Egypt in July. Jon-Paul is also chairperson of the Twenty20 Destiny society and Vice-President of NMMU ABSA Athletics club
- ABSA NMMU Athletes Ischke Senekal (Discus and Shot Put), Jeanne van Dyk (Pole Vault) and Magdalene Louw (Hammer Throw), were selected for the SA athletics team for the CAA African Junior Championships in Botswana in May.
- Toshiba NMMU cricket team's Peter Furstenburg, Rudi Second and Simon Harmer represented University Sport South Africa (USSA) cricket team at Potchefstroom where they won all their matches against an SA Rural team.
- OUR second team won Nelson Mandela Bay Cricket Board's T20 cricket league by beating Gelvandale in the final in March. It was sweet revenge after the NMMU first team was beaten by Gelvandale in the semi-final of the month long T20 league. The win ensured NMMU collected all the trophies on offer this season after the first team secured the Super league title for the third successive year. Last season our first team won the T20 league as well.

PADDLING HERO
... Postgraduate Financial Planning student Greg Louw has made the 2011 Olympic team trials in the 200m singles and 1000m K4 (four people in a kayak). At 24 years old Greg already claimed multiple titles, including Fastest 200m Singles (K1) in South Africa, and 2 x Liffey Descent Winner (Ireland).



GOLD MEDAL NMMU Rowing Club members Benji Ekron (from left), Jason and Brad Taylor and Andrew Dunn participated in the recent SA Rowing Championships near Johannesburg winning the Schweinfurt Trophy in the Men's B4x section in a time of 7:07.82 over 2000m.



HONOUR ... Accounting's **Johnathan Dillon** did not only finish the two Oceans Race a while ago but also completed the recent Comrade Marathon in just 9 hours 58 minutes. Johnathan did the race in memory of his late father John Edward Dillon who passed away in 2008 at the age of 63. Diagnosed with Motor Neuron Disease, which wilt away your muscles as time passes, the previous year, his father never gave up his fight against the disease. Why Comrades? "It is termed the Ultimate Human Race and for me, my father endured the ultimate human race and succeeded - he never gave into his disease even when everything was going wrong and he knew what the end result would be," Johnathan said.



VICTORY ... Sport Bureau's stadium manager **Derrick Hoshe** ran his 14th Comrades Marathon in 11hrs 56min 09sec, three years after starting to walk on his own after a motor car accident leaving him wheelchair-bound. "I'm simply blessed to complete this wonderful event," Derrick said since he started a new job last year and is also studying NMMU/CIES/ FIFA sports management course part-time. Derrick wants to study further in sports management and do athletics or sports development amongst disadvantaged children.